GS89FD-S

Microwave Oven

Owner's Instructions & Cooking Guide

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CE

The data concerning cooking and baking are informative. The product is for household use. Guarantee commitments are ceased if the appliance is used on purposes other than household e.g. on industry, catering trade or trade activities.

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CONTENTS

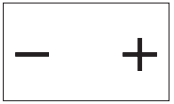
Quick look-up guide 2
Oven 3
Control panel....3
Accessories....4
Precaution to avoid possible exposure to excessive microwave energy. ..4
Important safety instructions....5
Installing your microwave oven 8
Setting the time 9
What to do if you are in doubt or have a problem....9
Cooking/reheating 10
Power levels 10
Adjusting the cooking time....11
Stopping the cooking 11
Setting the energy save mode 11
Using the steam cleaning....11
Using the indian's best feature 12
Indian's best settings 12
Using the cafeteria feature 16
Cafeteria settings....16
Using the healthy cook feature....20
Healthy settings....20
Grilling 23
Combining microwaves and the grill....23
Using the sensor cook feature 24
Sensor cook settings....24
Choosing the heating element position 26
Choosing the accessories....26
Switching the beeper off....26
Safety-locking your microwave oven....26
Cookware guide 27
Cooking guide 28
Cleaning your microwave oven 35
Storing and repairing your microwave oven....35
Technical specifications 36

QUICK LOOK-UP GUIDE

If you want to cook some food

1. Place the food in the oven.
Select the power level by pressing the button one or more times.

2. Set the cooking time by Pressing the (—) and (+) buttons as required.



3. Press the ◈ button.

Result : Cooking starts. The oven beeps four times when cooking is over.

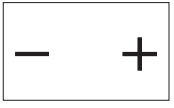
If you want to add extra 30 seconds

Leave the food in the oven.
Press **+30s** one or more times for each extra 30 seconds that you wish to add.

If you want to grill some food

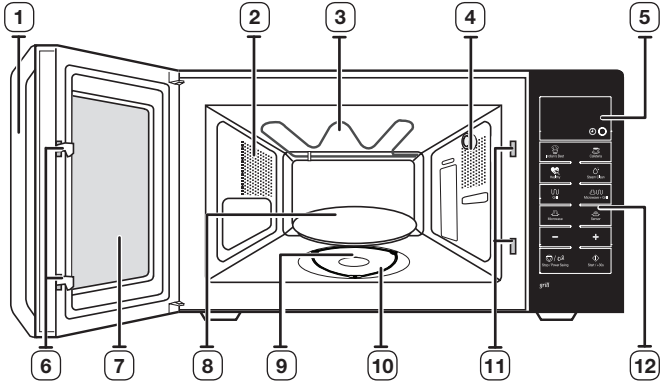
1. Press the ᔓ button.

2. Set the cooking time by pressing the (—) and (+) buttons.



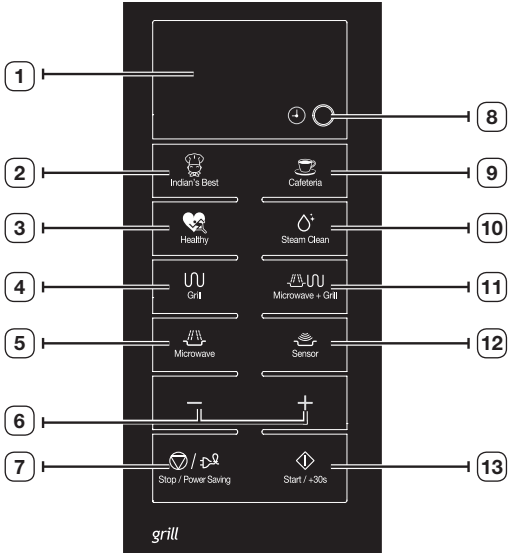
3. Press the ◈ button.

OVEN



1. DOOR HANDLE
2. VENTILATION HOLES
3. GRILL
4. LIGHT
5. DISPLAY
6. DOOR LATCHES
7. DOOR
8. TURNTABLE
9. COUPLER
10. ROLLER RING
11. SAFETY INTERLOCK HOLES
12. CONTROL PANEL

CONTROL PANEL



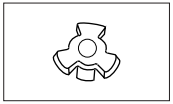
1. DISPLAY
2. INDIAN'S BEST SELECTION
3. HEALTHY COOK SELECTION
4. GRILL MODE SELECTION
5. MICROWAVE/ POWER LEVEL MODE SELECTION
6. UP (+) / DOWN (—) BUTTON (Cook time, Weight and serving size)
7. STOP / ENERGY SAVE BUTTON
8. CLOCK SETTING
9. CAFETERIA SELECTION
10. STEAM CLEAN BUTTON
11. COMBI MODE SELECTION
12. SENSOR MODE SELECTION
13. START BUTTON

ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

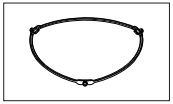
1. **Coupler**, already placed over the motor shaft in the base of the oven.

   Purpose : The coupler rotates the turntable.



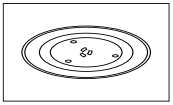
2. **Roller ring,** to be placed in the centre of the oven.

   Purpose : The roller ring supports the turntable.



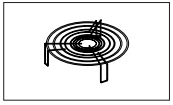
3. **Turntable**, to be placed on the roller ring with the centre fitting to the coupler.

   Purpose : The turntable serves as the main cooking surface; it can be easily removed for cleaning.



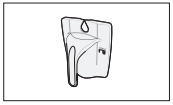
4. **Metal rack,** to be placed on the turntable.

   Purpose : The metal rack can be used in grill and combination cooking.



5. **Clean Water Bowl** see page 11.

   Purpose : The water bowl can be used to clean.



PRECAUTION TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

(1) Door (bent)

(2) Door hinges (broken or loose)

(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

This product is a Group 2 Class B ISM equipment. The definition of group 2 which contains all ISM equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and EDM and arc welding equipment.
For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

IMPORTANT SAFETY INSTRUCTIONS

Make sure that these safety precautions are obeyed at all times.

⚠ WARNING				
Only qualified staff should be allowed to modify or repair the microwave oven.	✓	✓	✓	✓
Do not heat liquids and other food in sealed containers.	✓	✓	✓	✓
For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓
Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
Do not touch the power plug with wet hands.	✓	✓	✓	✓
Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
Do not place the oven over a fragile object such as a sink or glass object. (Counter top model only)	✓	✓		
Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓
Appliances are not intended to be operated by means of an external timer or separate remote-control system.	✓	✓		
Do not pour or directly spray water onto the oven.	✓	✓		
Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	
Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
Children should be supervised to ensure that they do not play with the appliance	✓	✓	✓	✓
The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.	✓	✓	✓	✓

Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓
The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet. (Counter top model only)	✓	✓	✓	✓
WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.	✓	✓	✓	✓
WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.	✓	✓	✓	✓
This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.	✓	✓	✓	✓
WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.	✓	✓	✓	✓
WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.	✓	✓	✓	✓

WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.	✓	✓	✓	
WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.	✓		✓	✓
WARNING: Accessible parts may become hot during use. To avoid burns young children should be kept away.	✓		✓	
WARNING: Microwave heating of beverages can result in delayed eruptive boiling,therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓
During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.	✓		✓	✓
WARNING: The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns;			✓	
The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.	✓	✓	✓	✓

This oven should be positioned proper direction and height permitting easy access to cavity and control area.	✓	✓	✓	✓
Before using the your oven first time, oven should be operated with the water during 10 minute and then used.	✓	✓	✓	✓
This microwave oven has to be positioned so that plug is accessible. If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.	✓	✓	✓	✓
during cleaning conditions the surfaces may get hotter than usual and children should be kept away (Cleaning function model only)		✓	✓	
Excess spillage must be removed before cleaning and utensils which state in cleaning manual can be left in the oven during cleaning. (Cleaning function model only)	✓	✓	✓	✓
Appliance should allow to disconnection of the appliance from the supply after installation. The disconnection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules. (Built-in model only.)	✓	✓	✓	✓

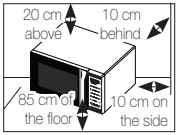
⚠ CAUTION				
Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition;	✓		✓	
Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames;	✓		✓	✓
The oven should be cleaned regularly and any food deposits removed;	✓	✓		✓
Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	
Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	

Do not touch heating elements or interior oven walls until the oven has cooled down.			✓	
Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.	✓			✓
Install the oven in compliance with the clearances stated in this manual (see Installing Your Microwave Oven)	✓		✓	
Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

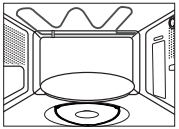
INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85cm above the floor. The surface should be strong enough to safety bear the weight of the oven.

1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.



2. Remove all packing materials inside the oven. Install the roller ring and turntable. Check that the turntable rotates freely.



3. This microwave oven has to be positioned so that plug is accessible.

If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.
For your personal safety, plug the cable into a 3-pin, 230 Volt, 50 Hz, AC earthed socket. If the power cable of this appliance is damaged, it must be replaced by a special cable.

Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

SETTING THE TIME

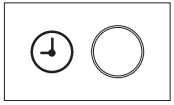
Your microwave oven has an inbuilt clock. When power is supplied, ":0", "88:88" or "12:00" is automatically displayed on the display.
Please set the current time. The time can be displayed in either the 24- hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

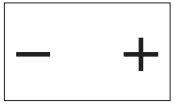
Do not forget to reset the clock when you switch to and from summer and winter time.

1. To display the time in the... / **Then press the ⏲ button...**

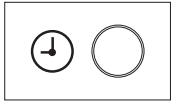
24-hour notation	Once
12-hour notation	Twice



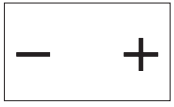
2. Press the (—) and (+) buttons to set the hour.



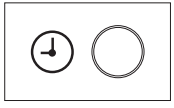
3. Press the ⏲ button.



4. Press the (—) and (+) buttons to set the minute.



5. Press the ⏲ button.



WHAT TO DO IF YOU ARE IN DOUBT OR HAVE A PROBLEM

If you have any of the problems listed below try the solutions given.

This is normal.

- Condensation inside the oven
- Air flow around the door and outer casing.
- Light reflection around the door and outer casing.
- Steam escaping from around the door or vents.

The oven does not start when you press the ⏀ button.

- Is the door completely closed?

The food is not cooked at all.

- Have you set the timer correctly and/or pressed the ⏀ button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered?

The food is either overcooked or undercooked.

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

Sparking and cracking occur inside the oven (arcing).

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminium foil too close to the inside walls?

The oven causes interference with radios or televisions.

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal.To solve this problem, install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset.To solve this problem, disconnect the power plug and reconnect it. Reset the time.

If the above guidelines do not enable you to solve the problem, contact your local dealer or SAMSUNG after-sales service.

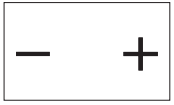
COOKING/REHEATING

The following procedure explains how to cook or reheat food.
Always check your cooking settings before leaving the oven unattended.
First, place the food in the centre of the turntable. Then, close the door

1. Press the button.

Result : The 800 W (maximum cooking power) indications are displayed:
Select the appropriate power level by pressing the button again until the corresponding wattage is displayed.
Refer to the power level table.

2. Set the cooking time by Pressing the (—) and (+) buttons as required.



3. Press the button.

Result : The oven light comes on and the turntable starts rotating.
1) Cooking starts and when it has finished the oven beeps four times.
2) The end reminder signal will beep 3 times(once every minute).
3) The current time is displayed again.

Never switch the microwave oven on when it is empty.

If you wish to heat a dish for a short period of time at maximum power (800 W), simply press the **+30s** button once for each 30 seconds of cooking time. The oven starts immediately.

POWER LEVELS

You can choose among the power levels below.

Power level	Output	
	MWO	GRILL
HIGH	800 W	-
MEDIUM HIGH	600 W	-
MEDIUM	450 W	-
MEDIUM LOW	300 W	-
DEFROST	180 W	-
LOW/KEEP WARM	100 W	-
GRILL	-	1100 W
COMBI I	600 W	1100 W
COMBI II	450 W	1100 W
COMBI III	300 W	1100 W

If you select higher power level, the cooking time must be decreased.

If you select lower power level, the cooking time must be increased.

ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the +30s button once for each 30 seconds to be added.

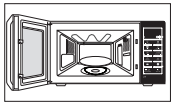
Press the **+30s** button once for each 30 seconds to be added.

STOPPING THE COOKING

You can stop cooking at any time to check the food.

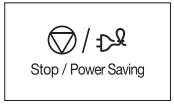
1. To stop temporarily; Open the door.

Result : Cooking stops. To resume cooking, close the door and press ◇ again.



2. To stop completely; Press the ▽ button.

Result : The cooking stops.

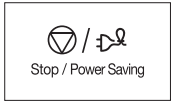


You can also cancel any setting before starting by simply pressing **Stop** (▽).

SETTING THE ENERGY SAVE MODE

The oven has an energy save mode. This facility saves electricity when the oven is not in use.

- The oven will default to energy save mode after 5 minutes if not used. While in energy save mode, the display is blank and the oven cannot used.
- To remove energy save mode, open the door and then display shows "0". The oven is ready for use.
- If you want to use energy save mode, press the **Energy Save** (🍃) button.



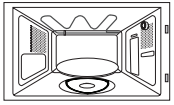
USING THE STEAM CLEANING

The steam provided by steam clean system will soak the cavity surface. After using steam clean function, you can easily clean the cavity of oven.

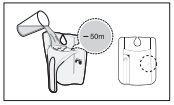
Use this function only after the oven has completely cooled. (Room temperature)

Use normal water only,and no distilled water.

1. Open the Door.

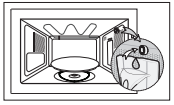


2. Fill with water following guide line (water level) outside the water bowl. (The line is about 50ml.)



More than 50 ml water may cause a leak at the back through the hole. Ensure that it is not more than 50 ml.

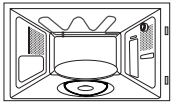
3. Insert water bowl into upper water bowl holder on the right wall of cooking chamber.



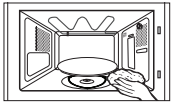
4. Close the door.

5. Press the **Steam Clean** (♨) button.
It can be seen **MISTY** during steam cleaning. but it is not a defect **BUT STEAM SHIELDS THE** light **INSIDE.**

6. Open the Door.



7. Please clean cavity of oven with dried dishtowel. Remove the turntable and only under rack with kitchen paper.



⚠ Water Bowl only can be use during "**Steam Clean**" mode. When cooking non-liquid items, remove water bowl because It will damage and cause fire to the microwave oven.

USING THE INDIAN'S BEST FEATURE

The auto indian's best feature has 17 pre-programmed cooking time. You do not need to set either the cooking times or the power level.

First, place the food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Indian's Best** ( ) button once or more times. (Refer to the table on the side.)

2. Press the ◇ button.

Result : Cooking starts. When it has finished.
1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Use only recipients that are microwave-safe.

INDIAN'S BEST SETTINGS

The following table presents the various Indian's Best Programmes, quantities, standing times and appropriate recommendations.

Food	Ingredients	
1. Chicken Biryani **Serving Size** 700 - 750 gm	**Boneless Chicken -** 250 g **Rice -** 250 g **Fried Onion -** 2 **Tomato Puree -** 4tbsp **Garlic Paste -** 1 tsp **Ginger Paste -** 1tsp **Red Chili Powder -** 1 tsp **Black Pepper Powder -** 1 tsp **Turmeric -** ½ tsp	**Cloves -** 3~4 **Bay Leaves -** 2~3 **Cardamom -** 1 **Green Cardamom -** 2 **Whole Black Pepper -** 4~5 **Cinnamon Stick -** ½ **Oil -** 4 tbsp **Coriander to garnish**, **Water -** 500 ml
	Recommendations	
	Mix all the ingredients in rice container and stir well. Serve hot with vegetable raita or gravy.	
2. Shahi Paneer **Serving Size** 100 -150 gm	**Cottage Cheese -** 100 gm **Tomato Puree -** 2 tbsp **Pure Ghee -** 1 ½ tbsp **Garam Masala -** ½ tsp **Green Cardamom Powder -** ¼ tsp **Cumin Seeds -** ½ tsp	**Salt -** to taste **Tomato ketchup -** 2 tbsp **Fresh Cream -** 1 tsp **Dry Fenugreek leaves -** ¼ tsp **Water -** 6 tbsp
	Recommendations	
	In a microwave safe glass bowl cut cottage cheese in 1 inch cubes add all the ingredients mix well, cook and serve hot with assorted Indian bread.	

Food	Ingredients	
3. Rismis Matar Paneer **Serving Size** 150 - 200 gm	**Cottage Cheese -** 100 gm (diced) **Peas -** 50 gm (frozen) **Cream -** 1 tbsp **Garam Masala -** ½ tsp **Tomato Puree -** 50 gm	**Coriander Powder -** ½ tsp **Tomato Ketchup -** 1 tbsp **Pure Ghee -** 1 tbsp **Water -** ¼ cup
	Recommendations	
	In a microwave safe glass bowl mix all the ingredients and mix well. Cook and serve hot with assorted Indian breads.	
4. Gajar ka Halwa **Serving Size** 500 - 550 gm	**Carrot -** 500 gm **Milk -**1 ½ Cup **Sugar -** 80 gm	**Khoya -**100 gm **Desi Ghee -** 2 tbsp **Chopped Nuts -**2 Tbsp
	Recommendations	
	In a microwave safe glass bowl add grated carrot and all the ingredients. Cook and serve hot with cold and fresh cream	
5. Chicken Cofta Curry **Serving Size** 400 - 450 gm	**Minced Chicken -** 400 gm **Ginger Chopped -** ½ inch **chopped, Fresh Coriander -** ½ cup **Salt -** to taste **Fried onion paste -** 2 tbsp **Ginger Garlic paste -** 1 tsp	**Oil -** 3 tsp **Red chili powder -** 1 ½ tsp **Coriander powder -** 1 ½ tsp **Turmeric -** ¼ tsp **Cashew Nut Paste -** 2 tbsp **Water -** ½ cup
	Recommendations	
	In a bowl add minced chicken, chopped ginger, fresh coriander, salt and make small balls of the mixture. In another bowl add fried onion paste, ginger garlic paste, 1 tsp oil and chicken balls than marinate for 20 minutes. In a microwave safe glass bowl add tomato puree, red chilli powder, coriander powder, turmeric, cashew nut paste, salt, oil, water and marinated chicken balls and cook for 8 minutes on microwave mod and garnish with coriander leaves. Note :Cover with clear foil and make h holes to release steam.	

Food	Ingredients	
6. Amritsari Fish **Serving Size** 600 - 650 gm	**Fish -** 500 gm / **Curd -** 2 tbsp **Coriander Powder -** 2 tsp **Ginger Garlic Paste -** 2 tsp **Dried Mango Powder -** 2 tsp **Cumin Powder -** 2 tsp **Red Chilli Powder -** 2 tsp	**Chicken Colour -** one pinch **Onion -** ½ cup Chopped **Tomato -** ½ cup chopped **Oil -** 1 tbsp **Water -** 4 to 5 tbsp **Salt -** to taste
	Recommendations	
	Marinate fish with curd, Ginger Garlic paste, Red chili powder, salt. Grease a flat dish add tomato, onion and all spices, place the fish pieces over it and cover the dish with a clear foil and make small holes to release steam.	
7. Maharani Daal **Serving Size** 100 - 120 gm	**Moong dhuli (Yellow lentils) -** ½ Cup **Water -** 1 Cup **Ginger Paste -** 1 tsp **Oil -** 1 tbsp / **Salt -** to taste **Turmeric Powder -** ¼ tsp	**Red Chili Powder -** ¼ tsp **Dry Mango Powder -** ½ tsp **Coriander Powder -** ½ tsp **Curry Leaves -** 3 to 4 **Whole Green Chilies Slit -** 1 to 2
	Recommendations	
	In a microwave safe glass dish add all the ingredients and cover it with clear foil. Make a hole to release the steam and cook and serve hot.	
8. Goan Fish Curry **Serving Size** 600 - 650 gm	**Pomfret -** ½ kg **Cumin Seeds -** 1 tbsp **Coriander Seeds -** 1 tbsp **Coconut scraped -** ½ Cup **Ginger Paste -** 1 tsp **Garlic Paste -** 1 tsp **Tamarind -** lemon sized ball	**Oil -** 4 tbsp **Fried Onion -** 2 medium **Tomato Puree -** 4 tbsp **Red Chilies** - 3 to 4 **Green Chilies -** 3 to 4 **Salt -** to taste **Water -** 200ml
	Recommendations	
	Clean wash and cut fish into pieces. Dry roast cumin seeds, coriander seeds & whole red chilies, make a fine paste of all the roasted spices along with coconut, ginger, garlic and tamarind and fried onions. In a microwave safe glass bowl mix all the ingredients add salt to taste and ½ cup water cover with clear foil make a small hole to release steam and cook. Serve hot with steam rice	

Food	Ingredients	
9. Banarasi Kheer **Serving Size** 100 - 150 gm	**Milk -** 200 gm **Boiled rice -** 1/3 Cup (crushed) **Condensed Milk -** 4 tbsp **Cardamom Powder -** ¼ tsp **Kewra Essence -** 2 drops	**Badam paste -** 1 tblsp **Cottage Cheese -** ½ Cup (grated) **Saffron -** 4 strings **Pista -** to garnish
	Recommendations	
	In a microwave safe glass bowl mix all the ingredients and cook for 18 minutes on microwave mod at 600 w power and chill for 1 hour. Garnish with Chopped Pistachio and serve chilled.	
10. Laziz Bhindi **Serving Size** 220 gm	**Okara -** 250 gm **Tomato -** 1 **Green Chili -** 1 **Onion -** 1 medium **Chaat Masala -** ½ tsp	**Garam Masala -** ¼ tsp **Sunflower Oil -** ¼ tsp **Salt -** to taste **Garlic paste -** to taste **Optional Degi Mirch -** ½ tsp
	Recommendations	
	Slit okara from the middle and keep aside. Blend onion, tomato, green chili and garlic paste in to a fine paste add salt, chaat masala, Garam Masala, Oil and degi mirch remove the extra juice of tomatoes, make it a thick paste. Fill okara with paste and place it in a flat microwave safe dish and cover it with clear foil and make a small hole to release the steam. Cook and leave for standing time for 3 times.	

Food	Ingredients	
11. Veggie Idli **Serving Size** 15 to 20	**Semolina -** 100 gm **Curd -** 200 gm **Capsicum -** ¼ Cup (fine chopped) **Onion -** ¼ Cup (fine chopped) **Tomatoes -** ¼ Cup (Fine chopped) **Salt -** to taste	**Regular Eno -** 1 ½ tsp **Curry Leaves -** 3 to 4 **Mustered Seeds -** ½ tsp **Oil -** for greasing **Water –** for steaming
	Recommendations	
	Mix all the ingredients in a bowl, make the batter of dropping consistency. Grease the moulds and fill with batter. Pour ½ cup water in rice container and place the idli stands. Cook and serve hot with coconut chutney.	
12. Kasoori Paneer Tikka **Serving Size** 300 - 350 gm	**Cottage cheese (paneer) -** 250 gm **Green chillies -** 3 **Ginger peeled -** 1/2 inch piece **Garlic, peeled -** 5 cloves **Hung yogurt -** 3/4 cup **Green chutney -** 2 tbsp **Turmeric powder -** 1/4 tsp **Carom seeds (ajwain) -** 1/2 tsp **Garam masala powder -** 1 tsp	**Chaat masala -** 1 tsp **Kasoori methi powder -** 2 tbsp **Roasted chana dal powder -** 2 tbsp **Fresh cream -** 1/4 cup **Salt -** to taste **Mustard oil -** 2 tbsp **Lemon juice -** 2 tbsp **Oil -** 2 tbsp
	Recommendations	
	Cut paneer into one and a half inch sized pieces. Deseed and cut green capsicums into one and a half inch sized pieces. Grind green chillies, ginger and garlic into a fine paste. Take hung yogurt in a bowl. Add green chutney, green chilli-ginger-garlic paste, turmeric powder, ajwain, garam masala powder, half of the chaat masala, kasoori methi powder, roasted chana dal powder, fresh cream, salt and mix. Add paneer cubes to the marinade and add mustard oil. Skewer the cottage cheese and place on greased crusty plate and put few drops of cooking oil over the tikka and cook for 15 minutes on grill mod on high rack. Arrange the tikkas on a plate, sprinkle the remaining chaat masala and lemon juice and serve hot.	

Food	Ingredients	
13. Chicken Malai Tikka **Serving Size** 550 - 600 gm	**Boneless Chicken -** 500 g **lemon juice -** 2 tsp **Salt -** to taste **yogurt -** 3 tbsp **butter -** 50 g **double cream -** 2 tbsp **Garlic Paste -** 1 ½ tbsp	**green cardamoms seeds -** 3 to 4 **ground cumin -** 1 tsp **freshly grated nutmeg -** 1/2 tsp **green finger chillies chopped -** 3 to 4 **oil -** 2 tbsp **Cheddar cheese -** 3 tbsp
	Recommendations	
	Sprinkle lemon juice and salt over the chicken pieces, cover and set aside. Mix the yogurt, half the butter, the cream, Ginger Garlic, cardamoms, cumin, nutmeg, chillies, the oil, and cheese and blend into a smooth paste. Pour over the chicken, making sure it is all well coated, and marinate the meat for 1 hour, covered, in the refrigerator. Place the tikka on crusty plate with high rack and cook for 28 minutes on grill mod.	
14. Chana Chaat **Serving Size** 400 - 450 gm	**Butter -** 1 tbsp **Cumin Seeds -** 1/2 tsp **Boiled Kabuli Chana -** 1 cup **Boiled Potato -** 1 cup **Cottage Cheese -** ½ cup **Chopped tomatoes -** ½ cup	**Mint and Coriander sweet n sour chutney -** ¼ cup **Salt -** to taste **Lemon Juice -** ½ tsp **Chopped Coriander -** 2 tbsp
	Recommendations	
	Mix all in a microwave safe bowl and except lemon juice and fresh coriander. Cook on microwave mod add lemon juice and coriander before serving.	

Food	Ingredients	
15. Poha **Serving Size** 220 - 250 gm	**Flaked Rice (Poha) -** 200 gm **Onion -** 1 (chopped) **Boiled Peas -** ½ Cup **Green chilies -** 2 to 3 (chopped) **Curry Leaves - 5 to 6** **Mustered Seeds -** 1 tsp **Oil -** ½ tbsp	**Asafetida (hing) -** 1 pinch **Turmeric -** ¼ tsp **Roasted Peanuts -** 1 tbsp **Roasted Almonds -** 1 tbsp **Pepper -** 1 tsp **Salt -** to taste
	Recommendations	
	Wash flaked rice under running water thoroughly. Keep aside for ten minutes. In a container mix all the ingredients well and cover it with clear foil, make a small hole to release steam. Cook and serve hot with mint chutney.	
16. Semiya Upma **Serving Size** 200 - 250 gm	**Roasted Semiya -** 1 cup **Roasted Peanut -** 1/2 cup **Oil -** 1 tbsp **Mustard Seeds -** ½ tsp	**Curry Leaves -** 4 to 5 **Fresh scraped coconut -** ¼ cup **Salt & Pepper -** to taste
	Recommendations	
	Add everything in a glass bowl and cook. Serve hot with coconut chutney.	
17. Potato Chaat **Serving Size** 150 - 200 gm	**Boiled Potatoes -** 2 **Rock Salt -** ¼ tsp **Salt a pinch**	**Chaat Masala -** ½ tsp **Red Chili Powder a pinch** **Lemon Juice -** 1 tbsp
	Recommendations	
	Mix all the ingredients and cook in crusty plate at high rack on grill mod	

USING THE CAFETERIA FEATURE

The Auto Cafeteria feature has 17 pre-programmed cooking time.
You do not need to set either the cooking times or the power level.
First, place the food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Cafeteria** button once or more times.

2. Press the **Start** (◇) button.

Result : Cooking starts. When it has finished:

1) The oven beeps four times.
2) The end reminder signal will beep 3 times. (once every minute)
3) The current time is displayed again.

Use only recipients that are microwave-safe.

CAFETERIA SETTINGS

The following table presents the various Cafeteria Programmes, quantities, standing times and appropriate recommendations.

Food	Ingredients	
1. Dhokla **Serving Size** 300 - 350 gm	**Bengal Gram Flour -** 250 gm **Semolina -** 60 gm **Salt -** to taste	**Regular Eno -** 1 tbsp **Mustered Seeds -** ¼ tsp **Curry Leaves -** 3 to 4
	Recommendations	
	In a bowl mix all the ingredients with light hand and in one direction to pump up the air in the batter. Pour the batter in a microwave safe container greased with cooking oil and put curry leaves on the top. Cook for 4 minutes on microwave mod and serve.	
2. Malai Khumb **Serving Size** 8 pcs	**Mushrooms -** 8 pieces **Boiled Peas -** 50 gm **Cottage Cheese -** 1 tbsp **Hung curd -** 2 tbsp **Cheese spread -** 1 tbsp **Ginger paste -** 1 tsp	**Corn Flour -** 2 tbsp **Oil -** 1 tbsp **Chopped coriander leaves -** 2 tbsp **Garam masala -** ¼ tsp **Pepper -** ¼ tsp **Salt -** to taste
	Recommendations	
	Hollow the mushrooms from the middle and marinate with hung curd, cheese spread, ginger paste, salt and garam masala for 15 minutes. In a bowl add cottage cheese, boiled peas, salt and black pepper. Stuff the marinated mushrooms with mixture and put on crusty plate with high rack cook on grill mod.	

Food	Ingredients	
3. Beans Square **Serving Size** 8 pcs	**Cream Cracker Biscuits -** 8 **Grated cheese -** ½ cup **Canned Kidney Beans -** 50 gm **Tomato Ketchup -** 2 tbsp **Red chili powder -** ¼ tsp **Green Chillies -** 2 **Oregano -** ½ tsp	**Roasted Peanuts -** for garnishing **Fresh Cream -**2 tbsp (chilled) **Hung curd -**½ cup **Lemon -**1 tsp **Salt -** to taste **White pepper -** ¼ tsp
	Recommendations	
	In a bowl add cheese, kidney beans, ketchup, red chili powder, chopped green chilies and mix well. Put the mixture over the each biscuit like a heap, leaving the corners clean. Put a paper napkin on the glass turn tray and place the biscuits carefully on it and cook for 3 minutes on microwave mod. Sour Cream : Fresh cream, yogurt, lemon juice, salt and pepper. Garnish the biscuits with sour cream and a peanut at the top.	
4. Oat Hearts **Serving Size** 300 - 350 gm	**Oats -** 1 ½ Cup **Boiled Potatoes -** 2 **Grated Cottage Cheese -** ¼ Cup **Chili powder -** ½ tsp **Garam Masal -** ¼ tsp	**Dry mango powder -** 1 tsp **Salt -** to taste **Chopped Coriander -** 2 tbsp **Grated Carrot -** 2 tbs **Lemon juice -** ¼ tsp
	Recommendations	
	In a bowl add mashed potatoes and all the ingredients mix well. Make heart shaped culets and coat them with oats, place the cutlets on crusty plate and place the crusty plate on high rack then grill. Serve hot with ketchup	

Food	Ingredients	
5. Pasta Italian Waves **Serving Size** 400 - 450 gm	**Boiled Pasta -** 3 Cup **Capsicum -** 1 diced **Bell Pepper -** ½ Cup diced **Onion -** ½ Cup Sliced **Carrot -** ½ Cup (sliced)	**Sweet Corns -** ¼ Cup **Tomato Ketchup -**1 ½ tbsp **Tomato Puree -** ¼ Cup **Oregano -**1 tsp **Cheese -** ¼ cup grated
	Recommendations	
	White Sauce : Regular flour ½ tbsp add ½ Cup Milk add salt add pepper. In a microwave safe glass dish add boiled past and all the ingredients mix well and grate cheese above it, cook for five minutes on combination mod at 600 w and serve.	
6. Dakshini Cryspies **Serving Size** 3 pcs	**Bread Slices -** 3 **Boiled Potato -** 1 **Semolina -** 2 tbsp **Salt -** to taste **Pepper Powder -** ¼ tsp	**Onion -** half (finely chopped) **Tomato -** half (deseeded and chopped) **Curry leaves -** 2 tablespoon (chopped) **Mustered Seeds -** ½ tsp
	Recommendations	
	Cut the bread slices into two half triangle shapes. In a bowl add mashed potato and all the ingredients mix well. Place the mixture on bread slices press gently. Grill on high rack	
7. Hot & Sour Soup **Serving Size** 250 - 300 ml	**Fresh Tomato Puree -** 4 tbsp **Readymade tomato puree -** 1 tbsp **Water -** 2 cups **Seasoning Cube -** 1 **Capsicum -** 1 tbsp (finely chopped)	**Cottage cheese -** 1 tbsp (finely chopped) **Cornflour -** 2 ½ tbsp **Vinegar -** 1 tsp
	Recommendations	
	Mix cornflour with normal water and add to all the ingredients except vinegar. Cook for 9 minutes on microwave mod and serve hot with vinegar.	

Food	Ingredients	
8. Eggless Chocolate Walnut Cake **Serving Size** 500 gm	**Regular Flour (Maida) -** 100 gm, **Powdered Sugar -** 2 tbsp **Butter -** 75 gm (preferably unsalted) **Milk -** ½ Cup **Milk Maid -** ½ tin	**Cocoa Powder -** ¼ Cup **Soda bi carb -** ½ tsp **Baking powder -** ½ tsp **Vanilla Essence -** 1 tsp **Walnut -** 2 tbsp
	Recommendations	
	Sift regular flour with cocoa, soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Add walnuts, Mix well. transfer to big, greased deep dish of 9" inch diameter. Microwave for 5 minutes. Let it cool. Let it stand for 3-4 minutes. Let it cool till it leaves the sides of container. And serve	
9. Tomato & Basil Soup **Serving Size** 200 - 250 ml	**Ready made Tomato puree -** 2 tbsp **Fresh Tomato Puree -** 1 cup **Water -** 1 cup **Oil -** 1 tbsp **Cornflour -** 1 ½ tbsp	**Sugar powder -** 2 ½ tbsp **Salt & Pepper -** to taste **Basil -** 2 tbsp **Butter & soup sticks for serving**
	Recommendations	
	Add corn flour in cup and mix with normal water. Add everything in a bowl and cook for 7 minutes on microwave mod. Serve hot with butter and soup sticks.	

Food	Ingredients	
10. Almond drop Chocolates **Serving Size** 100 - 120 gm	**Dark Chocolate -** 50 gm **Milk Compound -** 50 gm **Almonds -** whole (Gurbandi Amonds, comparatively small almond)	
	Recommendations	
	In a glass bowl put both the chocolate compounds. Microwave for two minutes on 600 w power. Dip the almond in melted chocolate and put them on a greased tray and freeze for 8 minutes. And serve.	
11. Garlic Bread **Serving Size** 1 loaf	**French Bread -** 1 loaf **Softened Butter -** 6 tbsp **Mozzarella Cheese -** ½ cup (grated) **Garlic -** 3 to 4 cloves crushed	**Black pepper powder -** ¼ tsp **Red Chili Flakes -** ½ tsp **Oregano -** ½ tsp **Salt -** one pinch
	Recommendations	
	Cut the loaf into diagonal slices. In a bowl add all the ingredients and mix well. Spread the mixture over slices evenly at both the sides. Grease the crusty plate with few drops of olive oil and place the slices. Cook for 8 minutes at grill mod over high rack.	
12. Hakka Noodles **Serving Size** 300 - 350 gm	**Hakka Noodles -** ¼ Packet **Oil -** 2 tsp **Cabbage -** ¼ cup **Onion -** ¼ Cup Sliced **Capsicum -** ¼ Cup Sliced	**Carrot Julian -** ¼ Cup **Soya Sauce -** 1tsp **Ajinomoto -** ¼ tsp **Salt -** to taste **White Vinegar -** ½ tbsp
	Recommendations	
	In a microwave safe glass dish add boiled hakka noodles and all the ingredients except vinegar. Cook on microwave mod, add vinegar serve hot.	

Food	Ingredients	
13. Omelet **Serving Size** 1 pcs	**Egg -** 2 **Chopped Onion -** ½ tbsp **Chopped Capsicum -**½ tbsp **Chopped Mushroom -** ½ tbsp	**Grated Cream Cheese -** ½ tbsp **Salt -** to taste **Black Pepper powder -** ¼ tsp **Oil -** 2 tsp
	Recommendations	
	Whisk egg till it becomes fluffy and all the ingredients mix well. Grease the microwave safe glass dish evenly and spread the mixture evenly. Cook for 2 minutes on microwave mod and serve hot.	
14. Vegetable Pasta **Serving Size** 550 - 600 gm	**Butter -** 2 tsp **Chopped Garlic -** 2 tsp **Chopped onions -** 1/4 cup **Chopped capsicum -** 1/4 cup **broccoli florets -** 1/4 cup **Carrot Julian -** 1/4 cup	**Chopped Tomatoes -** 1/2 cup **Penne Pasta -** 2 cups **milk -** 3/4 cup **Mozzarella cheese -** 3 tbsp **salt -** to taste **black pepper -** 1/2 tsp
	Recommendations	
	In a microwave safe glass bowl add all the ingredients except salt. Cook on microwave mod and add salt after removing from the microwave	
15. Chilli Cheese Frisbees **Serving Size** 6 frisbees	**Whole wheat flour -** ½ cup **Cooking cheese -** 2 ½ tbsp **Chilli powder -** ¼ tsp **Sesame seeds -** 1 tsp	**Wheat bran -** 2 tbsp **Oil -** 1 tsp **Salt -** to taste
	Recommendations	
	Knead everything into smooth dough and make six Frisbees out of it. Place the Frisbees over greased crusty plate and cook for 11:30 minutes on grill mod. Cool and store in air tight container.	

Food	Ingredients	
16. Burger **Serving Size** 4	**Cracked Wheat (Daliya) -** 1/3 cup (soaked) **Carrots -** 2 tbsp **French Beans -** 2 tbsp **Sweet Corns -** 2tbsp **Boiled Potatoes -** 2 **Bread Slices -** 1 **Green Chillies -** ½ tsp (optional) **Pepper -** ¼ tsp	**Coriander leaves -** 1 tbsp **Oil -** for greasing **Lettuce -** 4 leaves **Onion rings -** 1 **Tomato rings -** 1 **Cucumber rings -** 1 **Butter & Ketchup -** 2 tbsp **salt - to taste. Buns -** 4 **cheese slices -** 4
	Recommendations	
	Soak daliya in water for 1 hour and keep aside. In a bowl add daliya, carrot, French beans, sweet corns, potatoes, bread slices, green chillies, pepper, coriander & salt. Mash everything with the help of a folk and make tikkis. Grease the crusty plate and place the tikkis over it, brush the tikkis with remaining oil and cook for 22 min on grill mod. Slit the buns from middle, spread the butter on lower portion than place 1 onion ring, cheese slice, tikki, tomato and cucumber spread ketchup on the upper bun from inside and place it over the and serve hot.	
17. Cheese & Broccoli Tikki **Serving Size** 2	**Broccoli -** ½ cup (sauté) **Boiled Potatoes -** ½ cup **Onion -** ¼ cup **Ginger & Garlic -** 1 tsp **Green Chilies -** 1 tsp	**Mozzarella Cheese -** 2 tbsp **Bread Crumbs -** ¼ cup **Salt & Pepper -** to taste **Olive Oil for greasing**
	Recommendations	
	Add everything in a bowl and make tikkis of desired shape. Place the tikkis over greased crusty plate and brush them thoroughly with remaining oil and grill for 15 minute. Serve hot.	

USING THE HEALTHY COOK FEATURE

The Auto Healthy Cook feature has 16 pre-programmed cooking time. You do not need to set either the cooking times or the power level. First, place the food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Healthy** ( ) button once or more times.

2. Press the ◇ button.

Result : Cooking starts. When it has finished.
1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Use only recipients that are microwave-safe.

HEALTHY SETTINGS

The following table presents the various Healthy Programmes, quantities, standing times and appropriate recommendations.

Food	Ingredients	
1. Pineapple Stir Fry Salad **Serving Size** 500 - 550 gm	**Canned Pineapple -** ½ Cup (Diced) **Fresh Pineapple Juice -** ½ Cup (Blanched & Diced) **Carrot -** ½ Cup (Blanched & Diced) **Zucchini -** ½ Cup (Blanched & Diced) **Baby Corns -** ½ Cup (Blanched & Diced) **Beans Sprouts -** ½ Cup (Blanched & Diced) **Cabbage -** ½ Cup (shredded)	**Red & Yellow Bell Pepper -** ½ Cup (diced) **Spring Onion (white part) -** ½ Cup (sliced) **Spring Onion (Green part) -** ½ Cup (chopped) **Oil -** 2 tbsp **Soya Sauce -** 2 tsp **Red chili flakes -** 1 tsp **Powdered Sugar -** 1 tsp **Salt -** to taste
	Recommendations	
	Mix all and cook	
2. Vegetable Hariyali **Serving Size** 300 - 320gm	**Carrot -** ¼ cup **French Beans -** ¼ cup **Cauliflower -** ¼ cup **Peas -** ¼ cup **Baby Corns -** ¼ cup **Coriander -** ½ cup **Garlic -** 1 tsp	**Green Chilies -** 1 tsp **Coconut Milk -** ½ cup **Milk -** 2 tbsp **Butter -** 1 tsp **Oil -** 1 tsp **Lemon Juice -** ½ tsp **Salt -** to taste
	Recommendations	
	In a bowl add boiled vegetables and mix all the ingredients except salt & lemon. Add lemon & salt at serving time	
3. Lemon Chicken **Serving Size** 210 gm	**Boneless chicken –** 200 gm (cubes) **Roasted Coriander seeds crushed –** 2 tbsp **Chili Flakes -** 1 tbsp	**Oil -** 2 tsp **Lemon Juice -** 5 tbsp **Onion -** 1 (rings) **Salt -** to taste
	Recommendations	
	In a bowl mix all and cook and garnish with fresh mint leaves.	
4. Chicken Mix Herbs **Serving Size** 200 gm	**Boneless chicken -** 200 gm **Mix Herbs -**1 tbsp **Lemon -** 1 tsp	**Salt -** to taste **Black pepper crushed - 1 tsp** **Oil -** 1 tsp
	Recommendations	
	Mix all in a microwave safe container and cook and garnish with fresh mint leaves	

Food	Ingredients	
5. Fish Sillepe **Serving Size** 150 gm	**Fish -** 150 gm **Butter -** 1 tsp **Ginger Garlic Paste -** 1tsp **Coriander Powder -** 2 tsp	**Dried Mango Powder -** 1 tsp **Salt -** to taste **Garam Masala -** ½ tsp **Cumin Powder -** 1 tsp
	Recommendations	
	Marinate fish with all the above mentioned ingredients for 15 minutes. In a Glass dish cook on microwave mod and serve hot.	
6. Garlic Green Fish **Serving Size** 500 gm	**Fish -** ½ kg **Ginger -** ½ inch long **Garlic -** 8 to 10 cloves **Green Chilies -** 2 to 3 **Coriander -** 1 ½ cup **Onion -** 1 (big)	**Turmeric -** 1 tsp **Dried mango powder -** 1 tsp **Cumin powder -** 1 tsp **Coriander powder -** 1 tsp **Oil -** 1 tbsp
	Recommendations	
	Grind Coriander, garlic, green chili and onion make a fine paste and add turmeric, dried mango powder, cumin powder and coriander powder and sauté with 1 tbsp oil. Marinate the fish for 2 hours with above mentioned paste. Cook the fish in a covered microwave safe container for 9:30 minutes and serve hot.	
7. Dry Lentils **Serving Size** 550 gm	**Urad Dhuli -** ¼ Cup **Water -** ¾ Cup (150 ml) **Ginger Paste** - ½ tsp **Oil -** ½ tbsp **Salt -** to taste **Turmeric -** ¼ tsp	**Red Chili Powder -** ¼ tsp **Dry Mango Powder -** ¼ tsp **Coriander powder -** ¼ tsp **Green Chili -** 1 slit **Fresh coriander to garnish**
	Recommendations	
	Put all the ingredients in microwave safe glass bowl cover with clear foil and make small hole to release steam. Cook on microwave mod and leave for 3 minutes standing time and serve hot.	

Food	Ingredients	
8. Steamed Vegetables **Serving Size** 200 gm	**Mix Vegetables -** 1 cup (peas, cauliflower, carrot, Beans, Sweet corns etc) **Lemon Juice -** 1 tbsp	**Black Pepper -** ½ tsp **Rock Salt -** ½ tsp **Salt -** as required **Water -** ½ cup
	Recommendations	
	Pour water in the power steam bowl and place the vegetables on strainer, cover and cook for 6s minutes at microwave mod. Add all the ingredients and serve hot	
9. Fettuccine with Pumpkin **Serving Size** 250 gm	**Green Fettuccine -** 3 Bunches **Pumpkin -** 1 ½ cup chopped **Butter -** 2 tbsp **Oregano** - 1 tsp **Milk -** ½ cup **Cream -** 1 tbsp	**Onion -** half (sliced) **Pepper -** ½ tsp **Nutmeg -** ½ tsp (grated) **Parsley -** 1 tsp **Red chili flakes -** ¼ tsp **Salt -** to taste
	Recommendations	
	In a microwave safe glass bowl add boiled fettuccine and pumpkin puree with all the ingredients and cook and sprinkle grated nutmeg.	
10. Bow with walnut sauce **Serving Size** 400 - 450 gm	**Bow Pasta -** 1 ½ cup (boiled) **Walnut -** ¼ cup **Butter -** 2 tbsp **Basil -** ½ cup **Onion -** 1 chopped **Tomato -** 1	**Thin Cream -** ¼ cup **Cheddar Cheese -** 4 tbsp (grated) **Milk -** ¼ cup **Pepper -** ¼ tsp **Salt -** to taste
	Recommendations	
	Grind the walnuts with a little water, in to a smooth paste. Mix all the ingredients in a dish and cook and serve hot.	

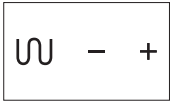
Food	Ingredients	
11. Oat Daliya **Serving Size** 100 - 120 gm	**Daliya (Cracked Wheat) -** ¼ Cup (Soaked in water for at least 1 hour) **Oats -** ¼ Cup **Boiled Peas -** ¼ Cup / **Oil -** 2 tbsp **Green Chili -** 1 (deseeded) **Small Potato -** 1 (finely chopped in to thin pieces) **Black Pepper Powder -** ¼ tsp (crushed)	**Ginger** - 1 tsp (finely chopped) **Bay Leaf -** 1 **Green Cardamom -** 1 (crushed) **Turmeric Powder -** ¼ tsp **Red Chili Powder -** ¼ tsp **Lemon Juice -** 1 ½ tsp **Coriander -** 2 tbsp **Garam Masala -** ¼ tsp **Water -** ½ cup / **Salt -** to taste
	Recommendations	
	In a microwave safe glass bowl mix all the ingredients and cover it with a lid keep it slightly open to release steam. Serve hot with Mint Chutney. Keep it for 3 minutes as standing time	
12. Oat Toast **Serving Size** 2 pcs	**Roasted Oats -** ¼ cup **Bread Slices -** 2 / **Curd -** ¼ cup **Capsicum -** ½ tbsp (chopped) **Carrot -** ½ tbsp (grated)	**Cumin Powder -** 1 pinch (roasted) **Salt -** to taste **Black pepper powder -** to taste **Tomato Ketchup -** 1 tbsp / **Butter**
	Recommendations	
	Butter the slice lightly. Keep aside. Mix all the ingredients and spread on slice and place the slices on high rack and cook on grill mod.	
13. Nutritious Noodles **Serving Size** 500 - 550 gm	**Boiled Rice Noodles -** 200 g **Oil -** 1 tbsp **Garlic paste -** 2 tsp **Chopped Spring Onions -** 1/4 cup **French Beans -** ¼ cup **Carrot Julian -** ¼ cup **Sliced Mushrooms -** ¼ cup	**Blanched Bean Sprouts -** ¼ cup **Roasted Peanuts -** ¼ cup **Soya Sauce -** 2 tsp **Sugar -** 1 tsp **Lemon Juice -** 1 tbsp **Salt -** to taste **Black Pepper -** to taste
	Recommendations	
	Mix all in a microwave safe glass bowl except lemon juice. Cook and add lemon juice to serve.	

Food	Ingredients	
14. Muesli chocolate rocks **Serving Siz** 200 - 250 gm	**Roasted Oats -** ¼ cup **Cornflakes -** 1/4 cup **Mixed Nuts -** 2 tbsp **Wheat bran -** 1 tsp	**Raisins -** 2 tsp **Castor Sugar -** 2 tsp **Milk Chocolate -** 1/4 cup **Dark chocolate -** 2 tbsp
	Recommendations	
	Mix all heat on 600 w and set in microwave safe microwave safe glass dish. Make small rock shapes and Refrigerate for 5 minutes and serve.	
15. Pasta Salad **Serving Size** 250 - 300 gm	**Boiled Bow Pasta -** ½ cup **Broccoli -** ¼ cup **Chopped Pineapple -** ¼ cup **Chopped black grapes -** ¼ cup **Shredded Cabbage -** 2 tbsp	**Corns -** 2 tbsp **Carrot Julian -** 2 tbsp **Almonds -** 2 tbsp **Salt and pepper -** to taste
	Recommendations	
	Add all the ingredients except, Pineapple and grapes. Cook and add pineapple and grapes and serve.	
16. Mixed Vegetable Tikkis **Serving Size** 5 tikkis	**Boiled Mix Vegetables -** 1 cup (carrots, cabbage, cauliflower, peas potatoes, cottage cheese and French beans etc) **Powdered roasted peanuts -** 1 ½ tbsp	**Chopped coriander -** 2tbsp **Sugar -** 1 tsp **Chilli Powder -** ½ tsp **Sesame seeds -** 2 tsp **Salt -** to taste **Bread Slices -** 2
	Recommendations	
	Add all the ingredients in bowl and mash them with the help of a masher. Make 5 tikkis and place them over greased crusty plate. Brush the remaining oil thoroughly over the tikkis and grill for 15 minutes. Serve hot with ketchup.	

GRILLING

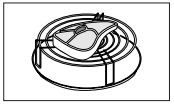
The grill enables you to heat and brown food quickly, without using microwaves. To this aim, a grill rack is supplied with your microwave oven.

1. Preheat the grill to the required temperature, by pressing the **Grill** (⏦) button and set the preheat time by pressing the (—) and (+) buttons.



2. Press the ◈ button.

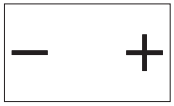
3. Open the door and place the food on the rack. Close the door.



4. Press the ⏦ button.

Result : The follwing indications are displayed:

5. Set the Grilling time by pressing the (—) and (+) buttons. The maximum grilling time is 60 minutes.



6. Press the ◈ button.

Result : Grilling cooking start. When it has finished

1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Do not worry if the heater turns off and on while grilling. This system is designed to prevent overheating of the oven.

Always use oven gloves when touching the dishes in the oven, as they will be very hot. Check that the heating element is in the horizontal posit ion.

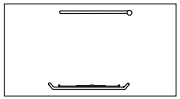
COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

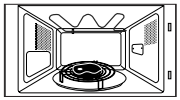
ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

1. Make sure that the heating element is in the horizontal position; refer to page 26 for further details.



2. Open the oven door.
Place the food on the rack and the rack on the turntable. Close the door.



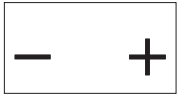
3. Press the **Combi** (⏦) button.

Result : The following indications are displayed: ⏦ (microwave and grill mode) 600 W (out power)

Select the appropriate power level by pressing the **Combi** (⏦) button again until the corresponding power level is displayed.

You cannot set the temperature of the grill.

4. Set the cooking time by pressing the (—) and (+) buttons as required. The maximum cooking time is 60 minutes.



5. Press the ◈ button.

Result : Combination cooking starts. When it has finished

1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

The maximum microwave power for the combined microwave and grill mode is 600 W.

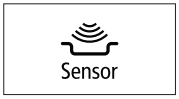
ENGLISH

USING THE SENSOR COOK FEATURE

The Five Sensor Cook features include/provide pre-programmed cooking times.
You do not need to set either the cooking times or the power level.
You can adjust the Sensor Cook category by pressing the (—) and (+) buttons.
First, place the food in the center of the turntable and close the door.

Use only dishes that are microwave-safe.

1. Select the type of food that you are cooking by pressing the **Sensor Cook** button one or more times. (Refer to the table on the side).



2. Press the ◇ button.

Result : Cooking starts. When it has finished.
1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Use only recipients that are microwave-safe.

SENSOR COOK SETTINGS

The following table presents 5 Sensor Cook Programmes. It contains its recommended weight range per item, standing times after cooking and appropriate recommendations. After you start the programme cooking times and power levels are calculated automatically. The cooking process is controlled by the sensor system for your convenience.
Use oven gloves while taking out!

Code/Food	Serving size	Standing time (min.)
1. Broccoli florets	200-500 g	1-2
	Recommendations	
	Wash and clean broccoli and prepare florets. Put them evenly into a glass bowl with lid. Add 30-45 ml water (2-3 tablespoons). Put bowl in the centre of turntable. Cook covered. Stir after cooking. This programme is suitable for broccoli as well as courgette, egg plant, pumpkin or pepper.	
2. Sliced carrots	200-500 g	1-2
	Recommendations	
	Wash and clean carrots and cut into round slices evenly. Put them into a glass bowl with lid. Add 30-45 ml water (2-3 tablespoons). Put bowl in the centre of turntable. Cook covered. Stir after cooking. This programme is suitable for carrots as well as cauliflower florets or turnip cabbage.	
3. Peeled potatoes	200-800 g	2-3
	Recommendations	
	Wash and peel the potatoes and cut into a similar size. Put them into a glass bowl with lid. Add 45-60 ml (3-4 tablespoons) water. Put bowl in the centre of turntable. Cook covered.	
4. Chilled soup	250-500 g	2-3
	Recommendations	
	Pour into a deep ceramic plate or bowl and cover with plastic lid during heating. Put soup in the centre of turntable. Stir carefully before and after standing time.	
5. Frozen soup (-18 °C)	250-500 g	2-3
	Recommendations	
	Pierce film of frozen soup and put in the centre of turntable. Put soup in the centre of turntable. Stir carefully before and after standing time.	

Auto Sensor Cooking Instructions

The Auto Sensor allows you to cook your food automatically by detecting the amount of gases generated from the food while cooking.

- When cooking food, many kinds of gases are generated. The Auto Sensor determines the proper time and power level by detecting these gases from the food, eliminating the need to set the cooking time and power level.
- When you cover a container with its lid or plastic wrap during Sensor Cooking, the Auto Sensor will detect the gases generated after the container has been saturated with steam.
- Shortly before cooking ends, the remaining cooking time will begin its count down. This will be a good time for you to rotate or stir the food for even cooking if it is necessary.
- Before auto sensor cooking food may be seasoned with herbs, spices or browning sauces. A word of caution though, salt or sugar may cause burn spots on food so these ingredients should be added after cooking.
- The More/Less function pad is used to increase or decrease cooking time. You should use this function to adjust the degree of cooking to suit your personal taste. Utensils & Cover For Sensor Cooking.
- To obtain good cooking results with this function, follow the directions for selecting appropriate containers and covers in the charts in this book.
- Always use microwave-safe containers and cover them with their lids or with plastic wrap. When using plastic wrap, turn back one corner to allow steam to escape at the proper rate.
- Always cover with the lid intended for the utensil being used. If the utensil does not have its own lid, use plastic wrap.
- Fill containers at least half full.
- Foods that require stirring or rotating should be stirred or turned toward the end of the Sensor Cook cycle, after the time has started to count down on the display.

Utensils & Cover For Sensor Cooking

- To obtain good cooking results with this function, follow the directions for selecting appropriate containers and covers in the charts in this book.
- Always use microwave-safe containers and cover them with their lids or with plastic wrap. When using plastic wrap, turn back one corner to allow steam to escape at the proper rate.
- Always cover with the lid intended for the utensil being used. If the utensil does not have its own lid, use plastic wrap.
- Fill containers at least half full.
- Foods that require stirring or rotating should be stirred or turned toward the end of the Sensor Cook cycle, after the time has started to count down on the display.

Important

- After installing the oven and plugging into an electrical outlet, do not unplug the power cord. The gas sensor needs time to stabilize in order to cook satisfactorily.
- It its not advisable to use the auto sensor cooking feature on a continuous cooking operation, i.e. one cooking operation immediately after another.
- Install the oven in a well ventilated location for proper cooling and airflow and to ensure the sensor will operate accurately.
- To avoid poor results, do not use the Auto sensor when the room ambient temperature is too high or too low.
- Do not use volatile detergent to clean your oven. Gas resulting from this detergent may affect the sensor.
- Avoid placing the oven near high moisture or gas emitting appliances, since this will interfere with the proper performance of the Auto Sensor.
- Always keep the inside of the oven clean. Wipe all spills with a damp cloth.
  This oven is designed for household use only.

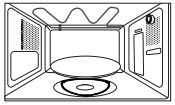
CHOOSING THE HEATING ELEMENT POSITION

The heating element is used when grilling. There is only one position listed. We need to tell consumers when it should be placed in the vertlcal position.

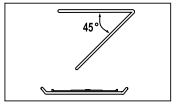
- Horizontal position for grilling or combined microwave + grill cooking

Only change the position of the heating element when it is cold and do not apply excessive force when placing it in the vertical position.

To set the heating element to the...	Then...
• Horizontal position (grill or combined microwave + grill)	• Pull the heating element towards you • Push it upwards until it is parallel with the roof of the oven



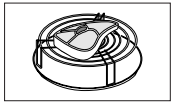
When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45 ° and clean it.



CHOOSING THE ACCESSORIES

Use microwave-safe recipients; do not use plastic containers, dishes, paper cups, towels, etc.

If you wish to select the combined cooking mode (grill and microwave), use only dishes that are microwave-safe and oven-proof. Metallic cookware or utensils may damage your oven.



For further details on suitable cookware and utensils, refer to the Cookware Guide on page 27.

SWITCHING THE BEEPER OFF

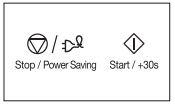
You can switch the beeper off whenever you want.

1. Press the ▽ and ◇ buttons at the same time.

Result :

- The following indication is displayed.

- The oven does not beep each time you press a button.

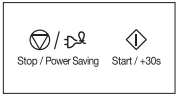


2. To switch the beeper back on, press the ▽ and ◇ buttons again at the same time.

Result :

- The following indication is displayed.

- The oven operates with the beeper on again.



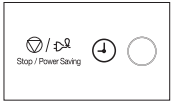
SAFETY-LOCKING YOUR MICROWAVE OVEN

Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be “locked” so that children or anyone unfamiliar with it cannot operate it accidentally.
The oven can be locked at any time.

1. Press the ▽ and 🕘 buttons at the same time.

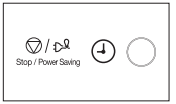
Result :

- The oven is locked (no functions can be selected).
- The display shows “L”.



2. To unlock the oven, press the ▽ and 🕘 buttons again at the same time.

Result : The oven can be used normally.



COOKWARE GUIDE

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-Safe	Comments
Aluminium foil	✓✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used
Browning plate	✓	Do not preheat for more than eight minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaperr	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-table ware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and Kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ **: Recommended**
✓✗ **: Use Caution**
✗ **: Unsafe**

COOKING GUIDE

MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process.
Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times
After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Portion	Power	Time (min.)	Standing time (min.)
Spinach	150 g	600 W	4½-5½	2-3
	Instructions			
	Add 15 ml (1 tablespoon) cold water.			
Broccoli	300 g	600 W	9-10	2-3
	Instructions			
	Add 30 ml (2 tbsp.) cold water.			
Peas	300 g	600 W	7½-8½	2-3
	Instructions			
	Add 15 ml (1 tbsp.) cold water.			
Green Beans	300 g	600 W	8-9	2-3
	Instructions			
	Add 30 ml (2 tbsp.) cold water.			
Mixed Vegetables (carrots/peas/corn)	300 g	600 W	7½-8½	2-3
	Instructions			
	Add 15 ml (1 tbsp.) cold water.			
Mixed Vegetables (Chinese style)	300 g	600 W	8-9	2-3
	Instructions			
	Add 15 ml (1 tbsp.) cold water.			

Cooking Guide for rice and pasta

Rice : Use a large glass pyrex bowl with lid – rice doubles in volume during cooking. Cook covered. After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta : Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
White Rice (parboiled)	250 g	800 W	16-17	5	Add 500 ml cold water.
Brown Rice (parboiled)	250 g	800 W	21-22	5	Add 500 ml cold water.
Mixed Rice (rice + wild rice)	250 g	800 W	17-18	5	Add 500 ml cold water.
Mixed Corn (rice + grain)	250 g	800 W	18-19	5	Add 400 ml cold water.
Pasta	250 g	800 W	11-12	5	Add 1000 ml hot water.

Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended – see table. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking.
Cover during a standing time of 3 minutes.

Hint : Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All fresh vegetables should be cooked using full microwave power (800 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Broccoli	250 g 500 g	4-4½ 7-7½	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels Sprouts	250 g	5½-6½	3	Add 60-75 ml (5-6 tbsp.) water.
Carrots	250 g	4½-5	3	Cut carrots into even sized slices.
Cauliflower	250 g 500 g	5-5½ 8½-9	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	3½-4	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Egg Plants	250 g	3½-4	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250 g	4½-5	3	Cut leeks into thick slices.
Mushrooms	125 g 250 g	1½-2 3-3½	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Onions	250 g	5½-6	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water.
Pepper	250 g	4½-5	3	Cut pepper into small slices.
Potatoes	250 g 500 g	4-5 7½-8½	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip Cabbage	250 g	5-5½	3	Cut turnip cabbage into small cubes.

REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take. Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

ARRANGING AND COVERING

Avoid reheating large items such as joint of meat – they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

POWER LEVELS AND STIRRING

Some foods can be reheated using 800 W power while others should be reheated using 600 W, 450 W or even 300 W.
Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example). Stir well or turn food over during reheating for best results. When possible, stir again before serving. Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food.
It is preferable to underestimate cooking time and add extra heating time, if necessary.

HEATING AND STANDING TIMES

When reheating food for the first time, it is helpful to make a note of the time taken – for future reference. Always make sure that the reheated food is piping hot throughout.
Allow food to stand for a short time after reheating - to let the temperature even out.
The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart. Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

REHEATING BABY FOOD

BABY FOOD: Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature.
Recommended serving temperature: between 30-40 °C.
BABY MILK: Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.
REMARK: Baby food particularly needs to be checked carefully before serving to prevent burns. Use the power levels and times in the next table as a guide lines for reheating.

Reheating Baby Food and Milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time	Standing time (min.)
Baby food (vegetables + meat)	190 g	600 W	30 sec.	2-3
	Instructions			
	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.			
Baby porridge (grain + milk + fruit)	190 g	600 W	20 sec.	2-3
	Instructions			
	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.			
Baby milk	100 ml 200 ml	300 W	30-40 sec. 50 sec. to 1 min.	2-3
	Instructions			
	Stir or shake well and pour into a sterilised glass bottle. Place into the centre of turn-table. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.			

REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

Reheating Liquids and Food

Use the power levels and times in this table as a guide lines for reheating.

Food	Portion	Power	Time (min.)	Standing time (min.)
Drinks (coffee, tea and water)	150 ml(1 cup) 250 ml(1 mug)	800 W	1-1½ 1½ -2	1-2
	Instructions			
	Pour into cup and reheat uncovered. Put cup/ mug in the centre of turntable. Keep in microwave oven during standing time and stir well.			
Soup (chilled)	250 g	800 W	3-3½	2-3
	Instructions			
	Pour into a deep ceramic plate. Cover with plastic lid. Stir well after reheating. Stir again before serving.			
Stew (chilled)	350 g	600 W	5½ -6½	2-3
	Instructions			
	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.			
Pasta with sauce (chilled)	350 g	600 W	4½ -5½	3
	Instructions			
	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.			
Filled pasta with sauce (chilled)	350 g	600 W	5-6	3
	Instructions			
	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.			
Plated meal (chilled)	350 g	600 W	5½-6½	3
	Instructions			
	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.			

MANUAL DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.
Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.
Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible.
Check the food occasionally to make sure that it does not feel warm.
If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.
Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.
Leave the fish, meat and poultry to stand in order to complete defrosting.
The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint : Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to - 20 °C, use the following table as a guide.

All frozen food should be defrosted using defrosting power level (180 W).

Food	Portion	Time (min.)	Standing time (min.)
Meat			
Minced meat	250 g 500 g	6½-7½ 10-12	5-25
Pork steaks	250 g	7½-8½	
	Instructions		
	Place the meat on a flat ceramic plate. Shield thinner edges with aluminium foil. Turn over after half of defrosting time!		
Poultry			
Chicken pieces	500 g (2 pcs)	14½-15½	15-40
Whole chicken	900 g	28-30	
	Instructions		
	First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time!		
Fish			
Fish fillets	250 g (2 pcs) 400 g (4 pcs)	6-7 12-13	5-15
	Instructions		
	Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends with aluminium foil. Turn over after half of defrosting time!		
Fruits			
Berries	250 g	6-7	5-10
	Instructions		
	Distribute fruits on a flat, round glass dish (with a large diameter).		
Bread			
Bread rolls (each about 50 g) Toast/Sandwich German bread (wheat+rye flour)	2 pcs 4 pcs 250 g 500 g	½-1 2-2½ 4 ½ -5 8-10	5-20
	Instructions		
	Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time!		

GRILL

The grill-heating element is located underneath the ceiling of the cavity. It operates while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 3-4 minutes will make the food brown more quickly.

Cookware for grilling:
Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:
Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:

Whenever the grill only mode is used, make sure that the grill-heating element is under the ceiling in the horizontal position and not on the back-wall in the vertical position. Please remember that food must be placed on the high rack, unless another instruction is recommended.

MICROWAVE + GRILL

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly. Three combination modes are available with this model:
600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill:
Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwave + grill cooking:
Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:
Whenever the combination mode (microwave + grill) is used, make sure that the grill heating element is under the ceiling in the horizontal position and not on the back-wall in the vertical position. The food should be placed on the high rack, unless another instruction is recommended. Otherwise it has to be placed directly on the turntable. Please refer to the instructions in the following chart.
The food must be turned over, if it is to be browned on both sides.

Grill Guide for frozen food

Use the power levels and times in this table as guide lines for grilling.

Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)
Bread Rolls (each ca. 50 g)	2 pcs 4 pcs	MW+ Grill	300 W + Grill 1-1½ 2-2½	Grill only 1-2 1-2
	Instructions			
	Arrange rolls in a circle on rack. Grill the second side of the rolls up to the crisp you prefer. Stand for 2-5 minutes.			
Baguettes + topping (tomatoes, cheese, ham, mushrooms)	250-300 g (2 pcs)	450 W + Grill	8-9	-
	Instructions			
	Put 2 frozen baguettes side by side on the rack. After grilling stand for 2-3 minutes.			
Gratin (vegetables or potatoes)	400 g	450 W + Grill	13-14	-
	Instructions			
	Put frozen gratin into a small, round glass pyrex dish. Put the dish on the rack. After cooking stand for 2-3 minutes.			
Pasta (Cannelloni, Macaroni, Lasagne)	400 g	Mw + Grill	600 W + Grill 14-15	Grill only 2-3
	Instructions			
	Put frozen pasta into a small flat rectangular glass pyrex dish. Put the dish directly on the turntable. After cooking stand for 2-3 minutes.			
Chicken Nuggets	250 g	450 W + Grill	5-5½	3-3½
	Instructions			
	Put chicken nuggets on the rack. Turn over after first time.			
Oven Chips	250 g	450 W + Grill	9-11	4-5
	Instructions			
	Put oven chips evenly on baking paper on the rack.			

Grill Guide for fresh food

Preheat the grill with the grill-function for 3-4 minutes.
Use the power levels and times in this table as guide lines for grilling.

Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)
Toast Slices	4 pcs (each 25 g)	Grill only	4-5	4½-5½
	Instructions			
	Put the toast slices side by side on the rack.			
Bread Rolls (already baked)	2-4 pieces	Grill only	2-3	2-3
	Instructions			
	Put bread rolls first with the bottom side up in a circle directly on the turntable.			
Grilled Tomatoes	 200 g (2 pcs) 400 g (4 pcs)	MW+ Grill	300 W + Grill 4½-5½ 7-8	Grill only 2-3
	Instructions			
	Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the rack.			
Toast Hawaii (ham, pineapple, cheese slices)	2 pcs (300 g)	450 W + Grill	3½-4	-
	Instructions			
	Toast the bread slices first. Put the toast with topping on the rack. Put 2 toasts opposite directly on the rack. Stand for 2-3 minutes.			
Baked Potatoes	250 g 500 g	600 W + Grill	4 ½-5 ½ 8-9	-
	Instructions			
	Cut potatoes into halves. Put them in a circle on the rack with the cut side to the grill.			
Chicken Pieces	450-500 g (2 pcs)	300 W + Grill	10-12	12-13
	Instructions			
	Prepare chicken pieces with oil and spices. Put them in a circle with the bones to the middle. Put one chicken piece not into the centre of the rack. Stand for 2-3 minutes.			

Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)
Lamb Chops/ Steaks (medium)	400 g (4 pcs)	Grill only	12-15	9-12
	Instructions			
	Brush the lamb chops with oil and spices. Lay them in a circle on the rack. After grilling stand for 2-3 minutes.			
Pork Steaks	250 g (2 pcs)	MW +Grill	300 W+ Grill 7-8	Grill only 6-7
	Instructions			
	Brush the pork steaks with oil and spices. Lay them in a circle on the rack. After grilling stand for 2-3 minutes.			
Baked Apples	1 apple (ca.200 g) 2 apples (ca.400 g)	300 W + Grill	4-4½ 6-7	-
	Instructions			
	Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the turntable.			

SPECIAL HINTS

MELTING BUTTER
Put 50 g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 800 W, until butter is melted.

MELTING CHOCOLATE
Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY
Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W until honey is melted.

MELTING GELATINE
Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W.
Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)
Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water.
Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 800 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 800 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

COOKING PUDDING
Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 800 W.
Stir several times well during cooking.

BROWNING ALMOND SLICES
Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 600 W.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings

ALWAYS ensure that the door seals are clean and the door closes properly.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the of the appliance and possibly result in a hazardous situation.

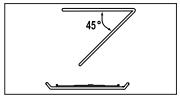
1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces or on the roller ring with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice on the turntable and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

DO NOT spill water in the vents. **NEVER** use any abrasive products or chemical solvents.Take particular care when cleaning the door seals to ensure that no particles:

- Accumulate
- Prevent the door from closing correctly

Clean the microwave oven cavity right ofter each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45 ° and clean it.



STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.

The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair

NEVER remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:

- Unplug it from the wall socket
- Contact the nearest after-sales service centre

If you wish to store your oven away temporarily, choose a dry, dustfree place.
Reason : Dust and damp may adversely affect the working parts in the oven.

This microwave oven is not intended for commercial use.

TECHNICAL SPECIFICATIONS

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

By right of the common regulation 2/1984 (III.10) BKM-IpM. we as distributors testify, that the GS89FD-S ovens of Samsung comply with the undermentioned technological parameters.

Model	GS89FD-S
Power source	230V ~ 50 Hz
Power consumption Microwave Grill Combined mode	 1200 W 1100 W 2300 W
Output power	100 W/800 W (IEC-705)
Operating frequency	2450 MHz
Magnetron	OM75P(31)
Cooling method	Cooling fan motor
Dimensions (W x H x D) Outside Oven cavity	 489 x 275 x 390 mm 330 x 211 x 324 mm
Volume	23 liter
Weight Net	 13.5 kg approx
Noise level	42 dBA

SAMSUNG

QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
AUSTRALIA	1300-362-603	www.samsung.com
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